

TIPS FOR NEW NONSMOKERS

Remaining a Permanent Nonsmoker

You have taken control of your life by deciding to become a nonsmoker. Now it is up to you to continue to use the skills you learned here to help you keep control over smoking. Here are some tips:

- Keep coming to a Cooper Clayton class for continued support.
- For the first six months as a nonsmoker, avoid places where people are smoking.
- Try to stay away from alcohol for the next 12 weeks.
- Make a pact with your spouse or roommate(s) to make your home a smoke-free zone.
- Exercise and eat healthy foods and portion sizes – don't let weight gain be an excuse to smoke.
- Practice your new healthy coping skills to handle stress and emotions without nicotine.
- Prepare and plan to handle life's unexpected stressful events without smoking.
- Enjoy life's pleasures as a nonsmoker.

List three ways you can reward yourself for staying a nonsmoker:

- 1.
- 2.
- 3.

Remember these two absolute truths:

1. An individual makes the transition from smoker to nonsmoker only when convinced that not smoking is more desirable than continuing to smoke.
2. An individual remains a nonsmoker when life as a nonsmoker continues to provide benefits that were unattainable as a smoker.



DEPARTMENT OF
**PUBLIC HEALTH
AND WELLNESS**

Louisville Metro Department of Public Health & Wellness and Kentucky Cancer Program coordinate the Cooper/Clayton Method to Stop Smoking program in collaboration with community partners.

